

I LOVE
DRINKING!!

BUT I WANT
TO SLOW DOWN,
I THINK...

IDENTIFY
AND OVERCOME
TRIGGERS



ΔΙΑΨΥΛΛΟΨ ΔΔΟΨΑΓΓ ΕΒΔΥΑΨΕΝΟΡΕ
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EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE

A trigger is a situation or person that makes it hard for you to keep your goals. A trigger might be certain friends, places like the bar or your friends house, playing card games, or having alcohol in the house.

IDENTIFY AND OVERCOME TRIGGERS



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- 1 Think about what might be your triggers.
- 2 Make a plan for what you can do to avoid or overcome them.
- 3 Ask yourself if your plan for your triggers is working.
- 4 Talking about your triggers with an Elder or a Helpline can help you find new ideas



NEED HELP?

There are many groups and services that could help you reach your goals

Contact your local health centre

Call Alcoholics Anonymous

1-888-616-4011

Contact a local Elder

Contact a local Minister

Call First Nations and Inuit Hope for Wellness Helpline

1-855-242-3310

Call Ilisaqsivik Counselling Services

1-888-331-4433

Call Kids Help Phone

1-800-668-6868 or live chat online kidshelpline.ca
or text TALK to 686868

Call Nunavut Employee/Family Assistance Program

1-800-663-1142

Call Nunavut Kamatsiaqtut Helpline

1-800-265-3333

Call Residential School Crisis Line

1-866-925-4419



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MOTIVATE
YOURSELF



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It's hard to motivate yourself towards change. We decide to quit alcohol but then go to a friend's birthday party at a bar and drink again. Having a list of benefits may help keep you motivated towards your goal.

MOTIVATE YOURSELF



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- 1 Write a list of benefits.
- 2 Keep this list with you at all time
- 3 Read this list often
- 4 Have this list ready when you're tempted to drink or use drugs

MOTIVATE YOURSELF



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SET
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A CLEAR GOAL IS

- 1 specific
- 2 measurable
- 3 time-oriented
- 4 achievable.

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Specific: Make what you want to do specific.

Measurable: This means that you can easily say if you succeeded or not.

Time oriented means it has a clear number of hours or days defined.

Achievable means you feel sure that you can do it.

SET CLEAR GOALS



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